






# Making Connections

## Women Veterans Conference 2020

Las Vegas, Nevada

1



## Ann E. Doran



MHSM, MPA, CPHQ, CPHRM

Executive Director  
Office of Patient Advocacy  
Veterans Health Administration



2



3

Chief Petty Officer, Hospital Corps,  
(AW/FMF)  
United States Navy, Retired

- NNMCMC San Diego, CA
- Operating Room Technician school
- NH Camp Pendleton, CA
- Transplant Technician School
- NNMCMC Bethesda, MD
- USNS (T-AH 20) COMFORT
- NSF Diego Garcia
- Career Counselor School
- Field Medical Service School
- 2<sup>nd</sup> FSSG, 2<sup>nd</sup> Med Battalion, Camp LeJeune
- NH Cherry Point, NC



4



5



6

## Connecting to Veterans

7

## Connecting to VA Employment



VHA employs **351,994** employees (**332,697** full-time and **19,297** part-time).

Out of **332,697** full-time VHA employees, **103,017** or 31% are Veterans.

8



**Defining  
EXCELLENCE**  
in the 21st Century



## Connecting to VA Healthcare

VHA is the largest integrated health care system in the United States, providing care at **1,255** health care facilities, including **170** VA Medical Centers and **1,074** outpatient sites of care of varying complexity (VHA outpatient clinics). (Source: Annual VHA Site Classifications Summary FY2019, FY18Q4 Site Records Reclassified for October 1, 2018)

In FY 2019, more than **9 million** Veterans were enrolled in the VA health care system.

9







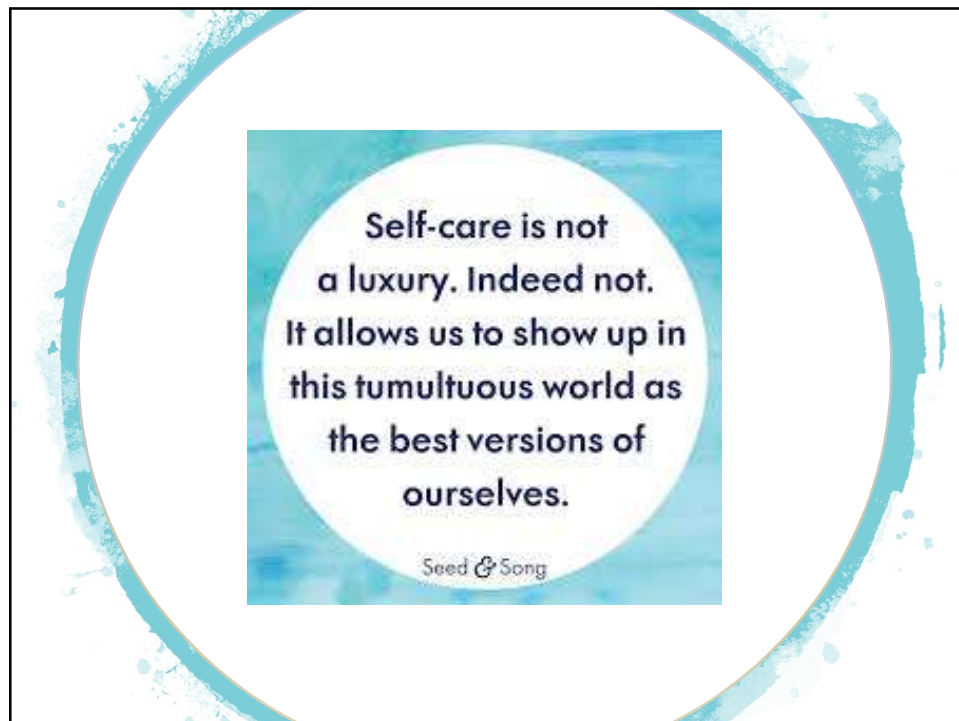
## Connecting to Volunteerism at VA

10





11



12



13



14



# **Making Connections**

Monica C. Smith, MHA

Chief Veterans Experience  
Veterans Health Administration

15



# **Connecting to Healthcare & Benefits**

Moderator:

Janice Postlewaite, MSW, LCSW

Women Veterans Program Manager  
VA Southern Nevada Healthcare System

16



# Welcome



## SHE SERVED

SO THAT WE COULD LIVE FREE


*Salute National Women's History Month*










17

## VA Southern Nevada Healthcare System



### PRIMARY CARE & WOMEN'S HEALTH

Dr. Maia Carter, Chief of Primary Care

18

## Comprehensive Women's Health Care

### VA Medical Center, Community Clinics and Women's Health Clinic

- Gender Specific Comprehensive Primary Care
  - Provided by WH PCP/PACT
  - Acute and Chronic Illness
  - Gender Specific Primary Care
  - Preventative Services
  - Mental Health Services
  - Care Coordination
- Well Women Check-Ups
- Gynecology Specialists
- Maternity Care Coordination
- Hormone Replacement Therapy
- Social Work Services
- Telehealth
- Radiology (hospital)
- PACT Pharmacist
- Pelvic Floor Therapy (hospital)



U.S. Department of Veterans Affairs  
Veterans Health Administration



19

## VA Southern Nevada Healthcare System

- Contraception, IUDs, Emergency Contraception
- Preventative Health Screenings
- Weight Loss Programs (e.g. MOVE! and Recreation Therapy)
- Hearing Aids
- Eye Exams and Glasses
- Prosthetic Devices
- Infertility Services or Reimbursement of Qualified Adoption Expenses (must have service connected disability that causes infertility)
- Lactation Package: Medela breast pump, nursing bras, breast pads, lanolin, etc.



U.S. Department of Veterans Affairs  
Veterans Health Administration



20

## Women's Health Patient Aligned Care Team (PACT)

- VASNHS currently has 19 designated Women's Health PACTs throughout the entire system
- WH PACTs include:
  - VA-Trained Designated Women's Health Provider
  - VA-Trained Women's Health Nurse and LPN
  - Social Worker
  - Pharmacist
  - Mental Health Provider/Prescriber
  - Peer Support Specialists
  - MOVE!/Dietician




21

## VA Mental Health







22

## VA Southern Nevada Healthcare System



### VA MENTAL HEALTH

Dr. Amanda Flory, VA Psychiatrist






23

## VA Southern Nevada Health Care System: Mental Health

### Dr. Amanda Flory

**Facts:**

- United States 46.4% percent will experience a mental illness during their lifetime
- 1 in 5 adults at any given time are experiencing a mental illness
- Average delay between symptom onset and treatment is 11 years
- Suicide is the second leading cause of death for ages 15-34
- The overall suicide rate has increased 31% since 2001
  - Suicide attempts: Men die from suicide at four times the rate than women do, but women attempt suicide two or three times more often than men.
- Depressive disorders account for close to 41.9% of the disability among women compared to 29.3% among men.
- Eating disorders: Women account for at least 85 percent of all anorexia and bulimia cases and 65 percent of binge-eating disorder cases.

24

## VA Southern Nevada Health Care System: Mental Health

### Dr. Amanda Flory

#### Available Programs:

- Addictive Disorders Treatment Program (ADTP)
- Behavioral Health Interdisciplinary Program (BHIP)
- Mental Health Intensive Case Management (MHICM)
- Peer Support Services
- Psychosocial Rehabilitation and Recovery Center (PRRC)
- PTSD Program and MST Program
- Suicide Prevention Program
- Therapeutic and Supported Employment Services (TSES)
- Primary Care Mental Health Integration (PCMH)
- Neuropsychology Program
- Residential Recovery and Renewal Center (LVR3)
- Inpatient Psychiatric Unit
- Vet Centers (Las Vegas and Henderson)



U.S. Department of Veterans Affairs  
Veterans Health Administration



25

## WOMEN VETERANS HEALTH CARE



★ *You served, you deserve the best care anywhere* ★





Department of  
Veterans Affairs

Learn more at [www.womenshealth.va.gov](http://www.womenshealth.va.gov)



26



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Office of Community Care

# Community Care Update: VA MISSION Act

Cheryl Martin, Associate Nurse Executive

February 29, 2020

27

## VA MISSION Act of 2018

- Delivering an excellent experience of care for Veterans, families, and caregivers is at the core of VA's approach to the MISSION Act.*
- VA is one integrated system with internal and community aspects of care delivery.*
- The MISSION Act strengthens both aspects of care delivery and empowers Veterans to find the balance in the system that is right for them.*
- VA is leveraging this opportunity to grow into an optimized, customer-centric network.*

28

28



## Eligibility Criteria Overview



ACCESS STANDARDS	Primary Care, Mental Health, Non-institutional Extended Care	Specialty Care
Drive Time	30 minutes	60 minutes
Wait Time	20 days	28 days

29

### Provider Profile Management System (PPMS):

Master database of community providers and facilities (commercial product)

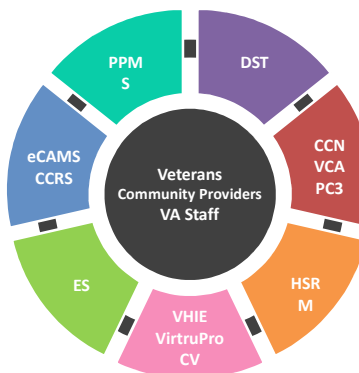
### eCAMS & Community Care Reimbursement System (CCRS):

Industry standard claims processing (commercial product)

### Enrollment System (ES):

Provides VA enrollment information on Veterans and if they meet certain eligibility criteria for community care

Health Records Sharing (Veterans Health Information Exchange (VHIE), VirtruPro, Community Viewer (CV)):  
Secure methods of exchanging information with participating community providers



### Decision Support Tool (DST):

Helps identify eligible Veterans and schedule care with the Veteran's preferred provider (in-house product)

### Community Care Network (CCN) & Veterans Care Agreement (VCA):

Establishing robust community provider network

### Health Share Referral Manager:

Referral and authorization tool for community care (commercial product)

30

## Urgent Care Benefit Overview

- The VA MISSION Act establishes a new benefit for urgent (walk-in) care
- Provides Veterans with access to urgent, non-emergency care (e.g. non-life threatening conditions) through the VA contracted network of community providers (TriWest or CCN contractor)
  - Does not include preventive health care (with exception of flu vaccinations)
  - Does not require pre-authorization - Veterans access providers in the network when it is convenient for them
- Veterans must meet specific eligibility requirements
  - Enrolled in VA healthcare & received care through VA in the last 24 months prior to the visit
- Requires copayments based on priority group and number of visits during a calendar year

Priority Group(s)	Copayments
1-5	<ul style="list-style-type: none"> <li>▪ First three visits: \$0 &amp; Fourth and greater visits: \$30</li> <li>▪ If related to combat experience, special authority, or exposure:               <ul style="list-style-type: none"> <li>▪ First three visits: \$0 &amp; Fourth and greater visits: \$30</li> </ul> </li> </ul>
6	<ul style="list-style-type: none"> <li>▪ If not related to combat experience, special authority, or exposure: \$30 per visit</li> </ul>
7-8	<ul style="list-style-type: none"> <li>▪ \$30 per visit</li> </ul>

31

## Community Care Network (CCN)


- The **Community Care Network (CCN)** is a new set of **region-based** contracts to provide health care services in the community through a contractor who **builds** and **credentials** the associated network and **processes** claims.



### Benefits of the CCN:

- Gives VA control of Veteran care and experience
  - VA is taking back **scheduling, care coordination, and customer service** functions
- Gives VA convenient access to a network of qualified, **credentialed providers**
  - by having a provider network **accredited** by a nationally recognized accrediting body
  - by increasing local collaboration on **network development**
- Gives VA a streamlined community care processes
  - by including **more services** under CCN
  - by **no longer** adjudicating claims






32



U.S. Department  
of Veterans Affairs






**Veteran Outreach Specialist**  
**Rebecca L. Ryals, MCJ**

**VBA Reno Regional Office**  
**Women Veteran Coordinator**  
**U.S. Army Veteran**

Women Veterans Conference 2020

33



## General Benefit Categories

<p style="text-align: center;"><b>SERVICE-CONNECTED (SC) COMPENSATION:</b></p>	<p style="text-align: center;"><b>NON SERVICE-CONNECTED (NSC) PENSION:</b></p>
<p>➤ based on service-related disability <u>or</u> death</p> <p>Additional benefits available for application:</p> <ul style="list-style-type: none"> <li>• Vocational Rehabilitation</li> <li>• Aid &amp; Attendance</li> <li>• VA Home Loan Guarantee</li> <li>• Life Insurance</li> </ul>	<p>➤ based on non service related disability <u>or</u> death</p> <p>➤ wartime service</p> <p>➤ income and net worth</p>

Women Veterans Conference 2020

34



## Special Assistance & Resources

- VA has special services available to help women that have experienced military sexual trauma (MST) .
- Homeless Veterans receive priority



<https://www.va.gov/womenvet>  
1-800-827-1000

Women Veterans Conference 2020

35



## Questions



36



# Connecting through Volunteerism

Moderator:  
Anne Davis

Chair, Women Veterans  
Advisory Committee

37




## **Anne Davis, U.S. Army (Ret.)**

### Volunteer Organizations

- Chair, Women Veterans Advisory Committee
- Commissioner, Veteran Services Commission
- Admissions Representative, West Point Society of Northern Nevada
- Field Force Member, West Point Admissions
- Board Member, Adopt a Vet Dental
- Ambassador, VA Sierra Nevada Health Care System
- Member, Lady Vets of Reno
- Member, Women Veterans Health Committee
- Lifetime Member, Disabled American Veterans (DAV)
- Lifetime Member, Women Veterans Alliance
- Member, Military Officer Association of America


38



## Why Volunteer?

<p><b><u>Personal Reasons</u></b></p> <ul style="list-style-type: none"> <li>➤ Well being booster, live longer and healthier</li> <li>➤ Learn new skills and expand your horizons</li> <li>➤ Gain work experience/build a resume</li> <li>➤ Self-esteem and self-confidence builder</li> <li>➤ Personal tie to a cause</li> <li>➤ Greater perspective and self-awareness</li> <li>➤ Release tension, take focus off your problems</li> <li>➤ <b>Meet people like you</b></li> <li>➤ <b>Meet people not like you</b></li> <li>➤ <b>Establish strong relationships</b></li> <li>➤ <b>Feel involved</b></li> </ul>	<p><b><u>Bigger Than You</u></b></p> <ul style="list-style-type: none"> <li>➤ You are needed</li> <li>➤ <b>Build a community</b></li> <li>➤ Social responsibility</li> <li>➤ Give back</li> <li>➤ Set a good example</li> <li>➤ Make the world a better place</li> <li>➤ Pay it forward</li> <li>➤ Help others</li> <li>➤ Make a difference</li> <li>➤ <b>Bridge the gap between you and others</b></li> </ul>
---	--

39



## Bobi Oates

SMSgt, USAF, (Ret.) 23 yrs Aircraft Maintenance

- Vice Chair, Women Veterans Advisory Committee
- President, Southwest Region & Thunderbird Chapter Air Force Association
- Life Member
- Vice President, Women Veterans Of Nevada
  - WVON Ceremonial Team
- Member, American Legion Post 76,
- Life Member, Veteran of Foreign Wars (VFW) 12101
- Life Member, Disabled American Veterans (DAV)
- Member, Air Force Sergeants Association (AFSA)
- Vice Chair, United Veterans Legislative Council (UVLC)
- Member, Daughters of the American Revolution (DAR)
- Nevada Veteran Advocate
- Board Member, Southern Nevada Community Engagement Board (SNVCEB)
- Member Military Women Across the Nation
- Ambassador for Nevada for Women in Military Service for America (WIMSA) Memorial Foundation

40





## Volunteering in an Urban Area

- Connecting Personally to Airmen, Women Veterans & Veterans
- Connecting Civilian Community to Active Duty & Veterans Community
- Connecting Various Veteran Groups

41



## Marlene Merck, MSgt (Retired), USAF

MOS: 3MOxxx—Services (Food, Lodging, Rec, Fitness )

Enlistment: April 1989-May 2013

### Stationed:

Lowry AFB, CO—tech school  
 Yokota AB, Japan—1989-1991  
 Little Rock AFB, AR—1991-2003  
 Anderson AFB, GU—2003-2005  
 Mountain Home AFB, ID—2005-2013  
 Moved to Nevada April 2013

### Deployments:

Korea (Team Spirit)—1990  
 Guantanamo Bay Cuba—1995  
 San Vito Italy—1998  
 Seeb North Oman—2002  
 Kuwait—2007-2008  
 Qatar—2009  
 Iraq—2011  
 Oman & Bahrain—2012

42



## Volunteering in Rural Nevada

- Member of Veteran of Foreign War Post 2350 as of 2015
  - First Female Commander of Post in 2016
  - Held positions Commander, Senior Vice & Junior Vice Commander
  - Judge Advocate for VFW District 2
- Works with the American Legion and POW MIA
- Assist with Veteran Out Reach Open Houses
- Planning member with Elko Veteran Corp with Veteran Gala
- Volunteer with Harbor House Domestic Violence Victims
- Active with the Spring Creek Middle School—empowering young men & woman---future leaders.

43



## Southern Nevada Community Engagement Board

### Nina Ridgeway, USAF (Ret.)

Chair, Southern Nevada Veteran Community Engagement Board (SNVCEB)

[NinaR@sngoodwill.org](mailto:NinaR@sngoodwill.org)

702-281-3717

Facebook: @southernnevadacommunityengagementboard

Instagram: #SNVCEB



44



## Mission

*Connect all of those that have served and their family members to services needed for quality of life in Southern Nevada through establishing pillars focused on education, employment, transition, wellness, women veterans and suicide prevention.*



45



## Vision

*To ensure every military, veteran, family member, and caregiver live a high quality of life in Southern Nevada*



46



## Pillars

- Transition
- Health and Wellness
- Education and Employment



47



## Deanna Weston

Voluntary Service  
VA Southern Nevada Healthcare System  
United States Army



*Building relationships to expand volunteerism and donations in support of VA's mission.*

48



## Voluntary Service Goals

- Recruit and Retain Volunteers for All Sites of Care
  - Approx. 600 active volunteers supporting VASNHS – 47% female
  - 40 open volunteer assignments
  - Summer Youth Program
- Manage Donations to the Healthcare System
  - Establish community relationships to provide items not funded through VA's appropriated budget
- Coordinate Special Events for Veterans and Volunteers
  - Annual Veterans Day BBQ & Car Show
  - National Salute to Veterans
  - Volunteer Awards Banquet

49



## How to Volunteer with VA

- Visit or call Voluntary Service at (702) 791-9134
- Application and interview
- Fingerprinted for Background Check
- TB Test
- New Volunteer Orientation (offered twice/month, 2.5 hours long)

50



# Questions



51



## Nevada Veterans Advocate Program



### Free 2 Day Workshop April 18 & 19, 2020 in Reno

Nevada Veterans Advocates learn about veterans benefits and resources in order to share that information with their local communities.

Please visit the NDVS Exhibitor Booth for more information!

[veterans.nv.gov/community/veterans-advocacy/](http://veterans.nv.gov/community/veterans-advocacy/)

52





# Connecting to Employment

Moderator:  
Dr. Tiffany Tyler-Garner

Director  
Nevada Department of Employment,  
Training and Rehabilitation

53



State of Nevada  
Department of Employment, Training  
and Rehabilitation (DETR)

A Workforce Partnership with  
Nevada's Veterans

**Dr. Tiffany G. Tyler-Garner, Director**



54

## Nevada Department of Employment, Training and Rehabilitation (DETR)



- ❑ MISSION: to provide Nevada's businesses with access to a qualified workforce and encourage equal employment opportunities
- ❑ The agency is comprised of:
  - ❖ Director's Office
  - ❖ Employment Security Division
  - ❖ Rehabilitation Division
  - ❖ Research and Analysis Bureau
  - ❖ Nevada Equal Rights Commission and the
  - ❖ Information Development and Processing Division
- ❑ Statewide, the agency has 22 office locations, 11 career centers and nearly 800 employees.
- ❑ DETR oversees the Nevada JobConnect System to provide training and job placement services to job seekers and to assist employers in hiring practices
- ❑ DETR supports economic development efforts by improving Nevada's Workforce through its work with its numerous community partners in support of the agency's mission

55

## DETR Services



- ❑ Job Seeker Services:
  - ❖ Preliminary assessment of their skill levels, aptitudes, abilities, and support service needs.
  - ❖ Vocational Rehabilitation services
  - ❖ Information on a full array of employment-related services, including information about local education and eligible training service providers
  - ❖ Provide resources to assist in filing claims for unemployment insurance
  - ❖ Evaluating eligibility for job training and educational programs
  - ❖ Skill enhancement training
  - ❖ Obtain job search and placement assistance, and receive career counseling
  - ❖ Veterans' Employment and Training Services (VETS)
- ❑ Employer Services:
  - ❖ Labor market information
  - ❖ Recruitment assistance
  - ❖ Foreign labor certification
  - ❖ Tax credit certification
  - ❖ Training incentives and job fairs that help expand employer-recruiting efforts

56

## DETR Veterans Services



- ❑ MISSION: To assist Veterans and Eligible Spouses obtain employment with livable wage jobs
- ❑ All services are designed to increase the chances of finding gainful employment
- ❑ Veterans' Services are paid by the U.S. Department of Labor "Jobs for Veterans State Grants (JVSG)" with no cost to the Veteran
- ❑ Employment Assistance provided by:
  - ❖ Disabled Veterans Outreach Program (DVOP) specialists who work with Veterans and Eligible Spouses who have Significant Barriers to Employment (SBE)
  - ❖ State Employment Service Wagner-Peyser staff (JobConnect staff)
  - ❖ VETS representatives located inside each Nevada JobConnect office
- ❑ During Calendar Year 2018, Jobs for Veterans Act (JVSG) and Wagner-Peyser Act combined staff have helped place 1,836 Veterans in gainful employment - \*312 were female

\* ETA 9173 rolling 4 qtrs. ending 12/31/18 or Calendar Year (CY) 2018; CY 2018 is latest data available.

57

## DETR Veterans Services (cont.)



- ❑ Veterans with Significant Barriers to Employment (SBE) services:
  - ❖ Job Referrals
  - ❖ Employer Contacts
  - ❖ Job Application Assistance
  - ❖ Resume Assistance
  - ❖ Job Search Assistance
  - ❖ Training through the Career Enhancement Program (CEP)
    - Places program-qualified veterans into training and re-training opportunities
    - Offers veterans classroom and on-the-job training, while participating employers receive monetary incentives to help offset costs associated with the veteran's training
- ❑ Facilitate access to CEP funds through contracts for:
  - ❖ Vocational Classroom Training [VCT]: short-term classroom training for new skills or enhancement of current skills
  - ❖ Academic Enhancement Training [AET]: remedial classroom instruction in basic skills
  - ❖ On-the-Job Training [OJT]: paid opportunity for participant work while they learn

58



## DETR Veterans Services (cont.)

- ❑ Reemployment Related Expenses (RRE): purchases required by an employer to enable clients to accept permanent, full-time employment including sheriff cards, occupational tools or safety equipment
- ❑ Training Related Expenses (TRE): purchases to enable a client to either enter or remain in CEP-sponsored training including books, supplies or equipment required by an On-the-Job employer
- ❑ Provide referrals to and partner with the Department of Veterans Affairs (VA) and Nevada Vocational Rehabilitation (VR)
- ❑ Provide referrals to Workforce Innovation and Opportunity Act (WIOA) providers for additional and more in-depth training than CEP can provide
- ❑ Perform case management services for Veterans with Significant Barriers to Employment (SBE) and VA-assigned, Chapter 31 Special Disabled Veterans
- ❑ VETS strives to help all Veterans find not only a job, but a career, enabling independent living and fiscal self-sufficiency

59



# THANK YOU

**Dr. Tiffany Tyler-Garner**

DETR Director

(702) 486-7923

(775) 684-3911

[detradmn@detr.nv.gov](mailto:detradmn@detr.nv.gov)



60






**Tiara Flynn**  
Sumnu Marketing, President/CEO  
United States Air Force

[www.sumnumarketing.com](http://www.sumnumarketing.com) | [www.sumnusolutionszone.com](http://www.sumnusolutionszone.com)

61



<b>Sumnu Marketing</b>	<b>Tiara Flynn</b>
❖ Founded 2006	❖ USAF (2007 – 2016)
❖ Family/Veteran/Woman/Minority Owned	❖ Sumnu Marketing, Owner (2011)
❖ 2015 SBA Family Owned Business of the Year	❖ Family firm's first ever intern
❖ 2017 National Minority Supplier Development Council, Supplier of the Year	❖ Urban Chamber of Commerce, Women in Business & Politics Honoree (2017)
❖ Servicing small businesses, entrepreneurs, and non-profits in:	❖ Volunteer boards/committees
❖ In-house Marketing	❖ Business Development Advisory Council
❖ Grassroots Outreach	❖ Committed to Our Business Community
❖ Branding	❖ DreamSAFE Foundation
❖ Small Business Training	❖ Urban Chamber of Commerce, CEO Roundtable
❖ Small Business Development	
❖ Join the Sumnu Solutions Zone!	

62



63

## Stacey Bostwick

Workforce Development Program  
Coordinator, Nevada Governor's Office of  
Economic Development (GOED)

64





## GOED Programs

- ❖ Nevada Film Office
- ❖ State Trade Expansion Program Grant (STEP)
- ❖ Procurement Technical Assistance Center (PTAC)
- ❖ Workforce Innovation for a New Nevada Fund (WINN)

65



## Irene Bustamante Adams

Deputy Director & Chief Strategy Officer  
Workforce Connections

66



## Workforce Innovation & Opportunity Act (WIOA)

The Workforce Innovation and Opportunity Act (WIOA) is a federal law that provides funding to federal, state, and local agencies to assist individuals with employment, education, and training services who are:

- Unemployed
- Underemployed
- Youth ages 16-24



The Workforce Innovation and Opportunity Act

67



## What are One-Stop Career Centers?

- Your one-stop solution to receiving many services in one convenient location.
- We bring government, education and non-profit partners together to offer you available access for employment search, in-demand job training, and educational services under one roof in easy-to-find locations.
- Our assistance is at **NO** cost to you.
- Each of our One-Stop Career Centers offers Priority of Service for **Veterans and their spouses**. If you wish to utilize this option, please Self-Identify by letting staff know.

**We thank you for your service!**

68



## What services are offered in the One-Stop Career Center?

- Basic Career Services
- Individualized Career Services
- Skill Building Workshops
- Program Age Requirements  
Adult and Dislocated Workers – 18 and older  
Youth Program: 16-24 yrs. old



69



## One-Stop Locations in Southern Nevada

<b>Comprehensive One-Stop Career Center</b> 6330 West Charleston Boulevard Las Vegas, NV 89146	<b>Clark County Library *</b> 1401 East Flamingo Road Las Vegas, NV 89119  <a href="mailto:clark@nvcareercenter.org">clark@nvcareercenter.org</a>	<b>Gibson Library *</b> 100 West Lake Mead Parkway Henderson, NV 89015  <a href="mailto:gibson@nvcareercenter.org">gibson@nvcareercenter.org</a>	<b>JobConnect*</b> 3405 South Maryland Parkway Las Vegas, NV 89169
<b>West Las Vegas Library*</b> 951 West Lake Mead Boulevard Las Vegas, NV 89106  <a href="mailto:WestLV@nvcareercenter.org">WestLV@nvcareercenter.org</a>	<b>Boulder City Library*</b> 701 Adams Boulevard Boulder City, NV 89005  <a href="mailto:BC@nvcareercenter.org">BC@nvcareercenter.org</a>	<b>Mesquite Library*</b> 121 West 1st North Street Mesquite, NV 89027  <a href="mailto:Mesquite@nvcareercenter.org">Mesquite@nvcareercenter.org</a>	<b>JobConnect*</b> 4500 East Sunset Road, Suite 40 Henderson, NV 89014
<b>Alexander Library *</b> 1755 West Alexander Road North Las Vegas, NV 89032  <a href="mailto:alexander@nvcareercenter.org">alexander@nvcareercenter.org</a>	<b>Green Valley Library*</b> 2797 North Green Valley Parkway Henderson, NV 89014  <a href="mailto:GreenValley@nvcareercenter.org">GreenValley@nvcareercenter.org</a>	<b>Laughlin Library*</b> 2840 Needles Highway Laughlin, NV 89029  <a href="mailto:laughlin@nvcareercenter.org">laughlin@nvcareercenter.org</a>	<b>JobConnect*</b> 2827 Las Vegas Boulevard North Las Vegas, NV 89030
<b>DWSS- Belrose Office*</b> 700 Belrose Street Las Vegas, NV 89107	<b>East Las Vegas Library</b> 2851 East Bonanza Rd. Las Vegas NV 89101	<b>Alante Library</b> 2400 Deer Springs Way North Las Vegas, NV 89084	<b>To learn more, visit our website:</b>  <a href="http://www.nvcareercenter.org">www.nvcareercenter.org</a>

\* Indicates this is an affiliate site and some services may vary or be provided by referral process.  
Additional sites can be found at [www.nvcareercenter.org](http://www.nvcareercenter.org)



70




## Success Story

- Grace from the Philippines
- Help from Career Coach at Green Valley Library One-Stop.
- On-The-Job Training at an IT company
- Pursuing Bachelor of Science in Information Technology



71

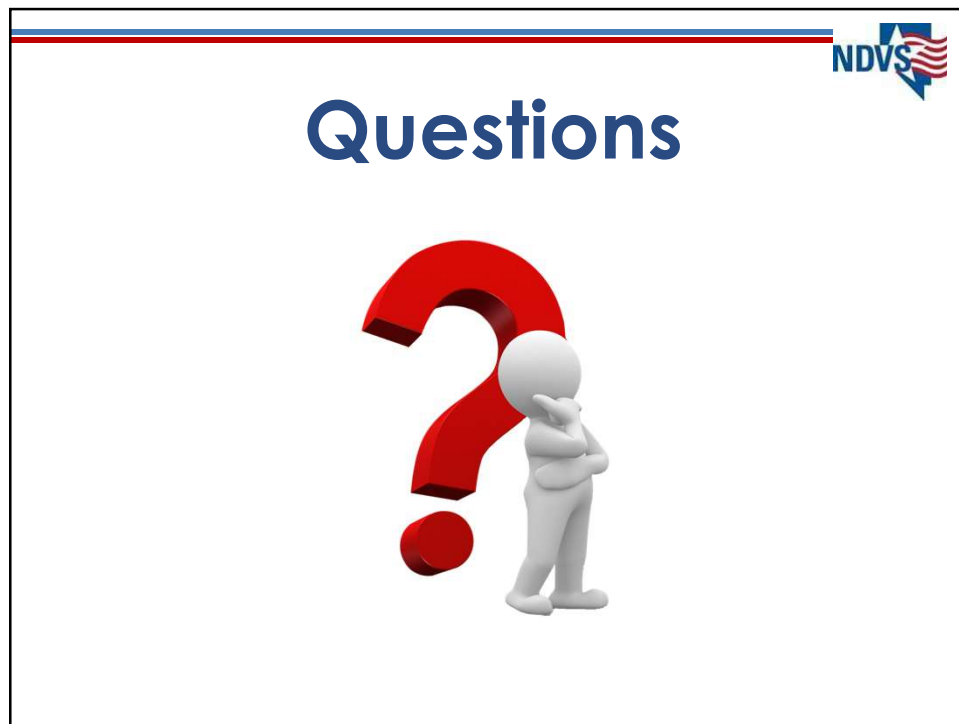


Thank You for the  
OPPORTUNITY to Serve YOU !

For more information about our services,  
please visit our booth in the Exhibitor Hall.

An equal opportunity employer/program  
Auxiliary aids and services available upon request for individuals with disabilities  
Relay 711 or 1-(800)-326-6868

72



73

A presentation slide with a white background and a thin blue border. In the top right corner is the NDVS logo. The text 'Nevada Department of Veterans Services' is written in a blue sans-serif font. Below this is the 'PATRIOT Employer Program' logo, which features a shield with a star and stripes on the left, and the word 'PATRIOT' in large, bold, black letters with 'Employer Program' in red below it. The main text of the slide is in a blue sans-serif font and reads: 'Earn your Patriot Employer Program Certificate, signed by the Governor, designating your business as veteran friendly by enrolling and completing the free online course.' Below this is a line of text: 'Please visit the NDVS Exhibitor Booth for more information!' followed by the URL 'veterans.nv.gov/employers/patriot-employer-program/' in a smaller blue font.

74



# Conscious Connections

Annie Emprima-Martin

Committee Member, Women  
Veterans Advisory Committee

75




# Conscious Connections

EXPLORING WHO WE ARE  
FROM THE INSIDE OUT


ANNIE EMPRIMA-MARTIN, ARMY VET

76




# *The Journey to the Good Life*

(using a unalome)



77



How to tell if something  
“Sparks Joy” with  
*Marie Kondo*

78





## Caught in Chaos

- Addictions/codependency
- High drama
- Trauma
- Financial distress
- Lost identity
- Shame
- Unmet needs of inner child
- Weighed down by life
- **Whatever it means to you**



79

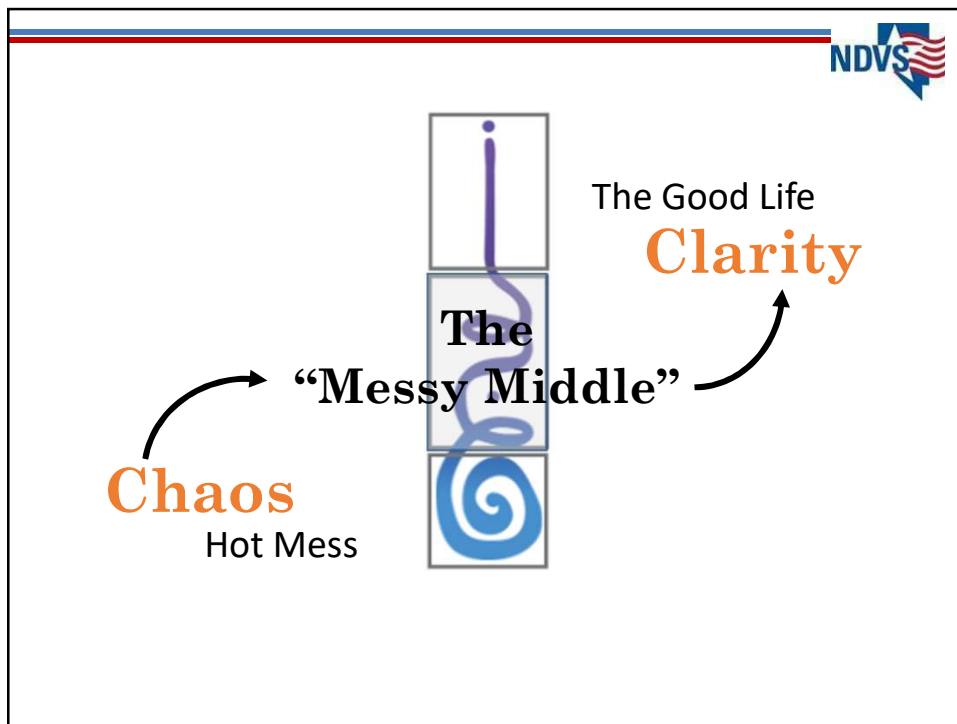


## The Good Life →

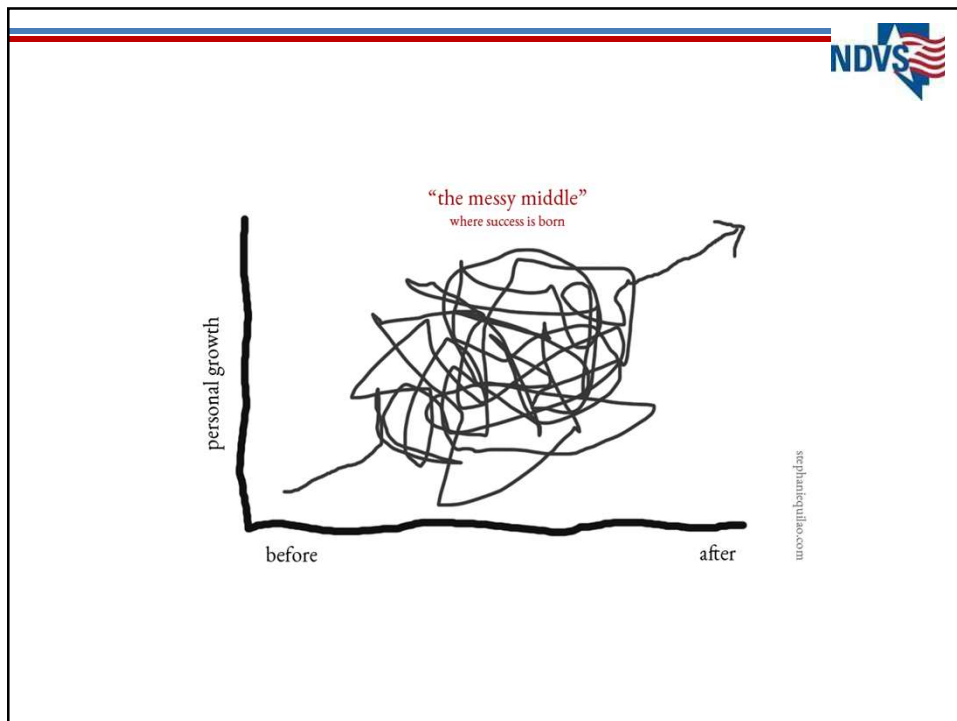
- Low to no stress / Low to no drama
- Excess of money
- Inner child is honored (play)
- Wholehearted and authentic living
- Hum / Flow
- Sparks of Joy / Gifts of Gratitude
- **Whatever it means to**



80



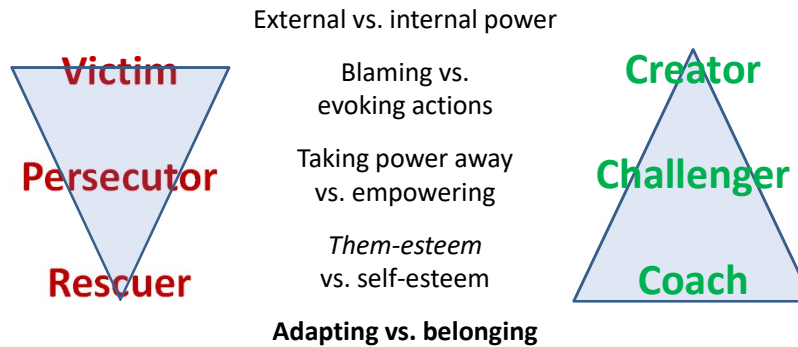
81



82



## Destructive & Constructive Relationships



83



**Shift to viewing life as  
a series of experiences  
necessary for growth.**

84



*What's the Cost of Wearing Masks?*

85



“Everyone carries a shadow, and the less it is embodied in the individual's conscious life, the blacker and denser it is.”

- Carl Jung

86



YOU CAN'T GET TO  
**COURAGE**  
WITHOUT WALKING THROUGH  
**VULNERABILITY**


*Brene Brown*

87



*The Journey  
Through  
Vulnerability  
Needs Armor* ♥


88



I used to think that  
the worst thing in life  
was to end up alone.


It's not.  
The worst thing in  
life is to end up with  
people who make  
you feel alone.

~ Robin Williams



Truth Inside Of You

89

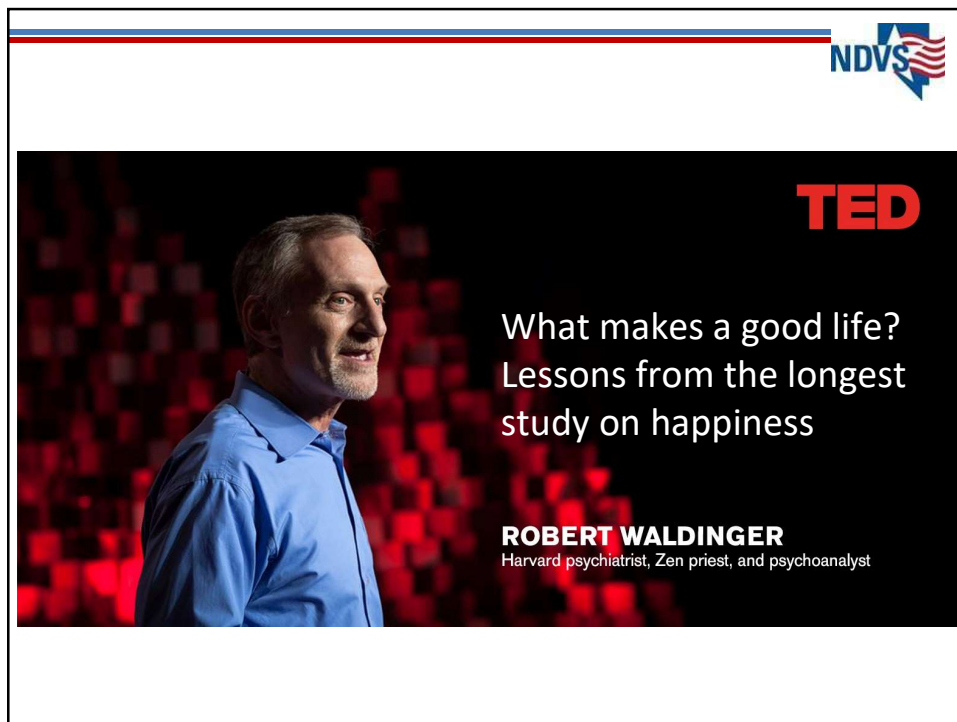


**ar·mor /'ärmər/**

*noun*  
noun: armour; noun: armor  
1. the metal coverings formerly worn by soldiers or warriors to protect the body in battle.  
"knights in armor"

**verb**  
1. provide (someone) with emotional, social, or other defenses.

90



91



92






# Keeping Connected

## Katherine Miller

Director  
Nevada Department of  
Veterans Services

93



# THANK YOU FOR ATTENDING

## Please take our survey!








94